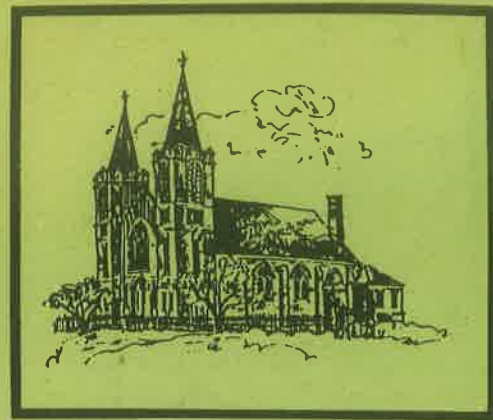


Country  
Coon Prairie  
Church



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1986

# Country Coon Prairie Church Preservation Inc.

Westby, WI 54667

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Cook Book Committee  
Margaret Bergum  
Lois Bjornstad  
Lilah Hagen  
Elaine Lund  
Thora Lunde

## History

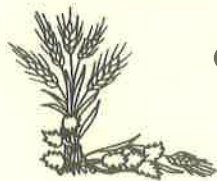
The first C.P. Church was completed in 1857 and more than 2000 people attended the dedication on June 27, 1858. This was the 1st church in Vernon County and the 1st Norwegian Lutheran Church in Western Wisconsin. Seven Pastors have served this parish over a period of 130 years. The present church sits proudly on this beautiful site along with the large Coon Prairie Cemetery where countless visitors come throughout the year in memorial of their loved ones.

## Goal

To preserve this beautiful country church with its great heritage for all to enjoy for generations to come.

## Thank You

We wish to thank everyone who has and will continue to support this effort with gifts, memorials or taking part in our fund raising projects. **With your help we will reach our goal.**



### Officers and Board Members

Lois Bjornstad, Treasurer  
213 Milwaukee Avenue  
Westby, WI 54667

**I Jesu Navn**  
 gaar vi lil **Words**  
 al spise og drikke  
 paa dit **Ord**;  
 dig **Gud** lil **Ære**  
 os lil **Gavn**.  
 saa laar vi **Mad**  
 i **Jesu Navn**.  
 Amen.



**Fader vor,**  
 Du, som er i himlene!  
 Helliget worde dit navn!  
 Komme dit rige!  
 Sker din vilje,  
 Som i himmelen,  
 Saa og paa jorden!  
 Giv os idag vort daglige brød!  
 Og forlad os vor skyld,  
 Som og vi forlader  
 vore skyldnere!  
 Og led os ikke ind i fristelse!  
 Men frels os fra det onde!  
 Thi riget er dit,  
 magten og æren i evighed!  
 Amen.

## LEFSE



6 cups mashed potatoes  
1 cup flour  
salt

METHOD: Boil salted potatoes, mash fine, then put them through a potatoe ricer. When cool, add flour and work well into potatoes. Take a small amount of dough and roll out on a pastry sheet until thin. Bake on top of stove or lefse plate until light brown on both sides. Use moderate heat.

\* \* \* \* \*

## LUTEFISK

Cut fish in four sections. Place in kettle of cold water, add plenty of salt and gradually bring to a boil. Do not boil lutefisk to long or it will fall to pieces. It may be boiled in a cloth bag, as it will keep its shape better. Drain and serve with melted butter.

\* \* \* \* \*

## FISKEGRETENING (FISH SOUFFLE)

3 cups rich cream sauce  
1 pkg. frozen Torsk (thawed and broken up) or may use fish balls, cut up. Boil fish a little with cut up cauliflower, salt and a little nutmeg. Drain.  
Beat 3 or 4 egg yolks. Add all together. Beat egg whites stiff and fold into the mix. Put a few bread crumbs on top and bake til brown. Serve with melted butter in which you put chopped parsley and chives.

\* \* \* \* \*

## PEPPER NUTS

4 eggs                      1/2 tsp. pepper  
2 cups sugar            1 tsp. cinnamon  
1 tsp. baking powder  
2 1/2 cups flour

Form dough into small balls.  
Bake in 350 oven.

\* \* \* \* \*



## FLATBRØD (FLAT BREAD)

1 cup white flour  
1 cup graham flour  
2 cups milk scalded  
1 tsp. salt  
1 cup corn meal  
1 tbl. shortening



Add shortening and salt to the scalded milk. Pour over corn meal. Add flour, mix well. Roll our very thin, bake on hot lefse plate. Put in 225 degree oven to dry out.

\* \* \* \* \*

## GAMMEL OST

Take raw milk and set on back of cook stove or on low heat until it curdles. Drain off whey and hang in cheese cloth bag until fairly dry. Then crumble and salt to taste and pack in small stone crock, cover and set in a warm place to age. Stir once in a while.

\* \* \* \* \*

## KLUB (BLOOD SAUSAGE)

4 qts. strained blood  
2 qts. water  
3 tsp. pepper  
8 tsp. salt  
4 cups oatmeal  
8 cups cooked (cooled) pearl barley  
1 1/2 lbs. ground suet  
Flour to make like med. cake batter.  
Put into muslin bags, about 15 x 4  
inches wide. Do not fill bags to  
full; tie and cook for 2 1/2 hrs.  
in water. To serve, slice and  
heat in milk.

\* \* \* \* \*

## ROMMEGROT (CREAM PUDDING)

Cook 2 cups sweet cream to  
boiling point. Add 1 cup flour  
and stir until the butter comes  
to the top. Skim off butter and  
save. Heat 1 pint milk and stir  
in first mixture. Add 1/2 tsp.  
salt and more milk if needed.  
Serve with the butter on top.  
Sprinkle with sugar and cinnamon.

\* \* \* \* \*



## SODT SUPPE ( FRUIT SOUP)

1 can large sago or tapioca  
3 cups water  
1/2 tsp. salt  
1 cup sugar  
2 cups grape juice  
1 stick cinnamon  
1 cup currants  
1 cup seedless raisins  
1 cup stoned prunes  
1 cup apricots  
1 tbl. vinegar

METHOD: Soak prunes and dried  
apricots over night, drain and  
use water. Boil sago 1/2 hour  
before adding to remaining in-  
gredients. Cook over medium heat  
until sago (or tapioca) and fruits  
are tender.

\* \* \* \* \*



FAARIKAAL  
(MUTTON STEW WITH CABBAGE)

2 lbs. mutton for stew  
4 tbl. butter  
1 medium head cabbage  
1 tsp. whole pepper  
1 tsp. salt

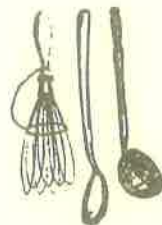
Brown meat in butter, Add about 2 cups of water and seasonings. Cover and simmer until nearly done. Add cabbage cut into eighths and cook until done. The broth may be thickened with flour for gravy.

\* \* \* \* \*



SANDBAKKELS

1 cup crisco  
1/2 cup butter  
3/4 cup white sugar  
1/4 cup powdered sugar  
1 egg well beaten  
2 1/2 cups flour



Cream shortening and sugar, add egg. Mix in flour. Press in sandbakkel tins, bake in moderate oven.

\* \* \* \* \*

KRUMKAKE

1/2 cup butter	3 eggs
1/2 cup sugar	3/4 cup flour
1/4 tsp. salt	1 tsp. vanilla

Beat eggs and add sugar. Add melted butter and flour. Place 1 teaspoonful of dough on krumkake iron and bake to a very light brown.

\* \* \* \* \*



## SMOR KRANS

1 cup butter                      1/2 tsp.  
3 egg yolks, beaten      baking powder  
3/4 cup sugar                      1/4 tsp. salt  
2 1/2 cups flour                      flavoring

Take small amount of dough, roll and make a loop with ends lapping over each other. Dip in egg white, then in crushed loaf sugar. Bake in 350 degree oven.

\* \* \* \* \*

## STRUL

1 cup cream whipped  
1/2 cup milk  
1/2 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla  
1 cup flour

Mix all ingredients. Place 1 teaspoonful of dough on Strul iron. When baked, roll on cone until cool.

\* \* \* \* \*



## ROSETTES

2 eggs                                      1 cup milk  
1 tsp. sugar                              1 cup flour  
1/4 tsp. salt

Beat eggs slightly with sugar and salt. Add milk and flour, beat until smooth. Heat lard in a deep saucepan. Heat rosette iron in lard, dip in batter and return to lard until rosette is delicately browned.

\* \* \* \* \*

## FATTIGMAN BAKKELS

4 eggs well beaten  
4 tbl. sugar  
4 tbl. whipping cream  
1/2 tsp. vanilla  
1/4 tsp. salt  
1 tsp. brandy  
2 1/2 c. flour

Add ingredients as given, mix well. Roll thin and cut in diamond shapes, slashing a hole in the center. Fry in hot lard.

\* \* \* \* \*



ROMMEVAFLER  
(SOUR CREAM WAFFLES)

1 pint rich sour milk  
6-8 Tbl. water  
1 1/4 cups flour  
1 tsp. salt  
1 tsp. baking powder

Mix all ingredients to a smooth batter and let it stand and swell for 5-10 minutes. Bake the waffles over relatively low heat in an electric waffle iron or one that is heated over the stove. They should be crisp and golden brown. Eat them with geitost or jam, and for a treat, with a spoonful of sour cream.



JULE KAGE  
(CHRISTMAS BREAD)

1 cup milk, 1/2 cup sugar, 1 stick butter or margarine, 1 tsp. salt, 1 tsp. cardamom, 1/2 cup warm water, 2 oz. or 2 cakes compressed yeast, 1/2 cup raisins, 1 cup mixed candied fruit, 4 to 5 cups flour.

Dissolve yeast in the water. Scald milk, stir in sugar, salt, butter, cool to luke warm. Add cardamom and yeast. Stir in 2 cups flour. Beat until smooth. Add fruit, raisins and rest of flour, knead until smooth. Place in greased bowl, let rise until double, punch down and let rise again 1 hr. Shape into loaves, let rise till double. Bake at 375 degrees about 40 min. Frost if liked. Makes 2 loaves.



## GO-RO (GODE RAAD)

1 cup butter  
1 cup sugar  
2 eggs  
1 cup thick cream (sweet or sour)  
About 3 cups unsifted flour.  
Pinch of salt, 1/2 tsp. soda if  
cream is sour - 1/2 tsp. baking  
powder if cream is sweet.  
Let dough stand in refrigerator  
for a couple hours. Roll very  
thin and bake on Goro iron.

\* \* \* \* \*

## LEMON PUDDING

4 eggs separated  
8 tbl. sugar  
Juice of 1 1/2 lemons  
Rind of 1 lemon (grated)  
Beat egg yolks - add sugar and  
grated rind and juice. Boil in  
double boiler until thick. Beat  
egg whites until very stiff and  
fold in slightly cooled yolk mix.  
Serve with whipped cream or other  
topping and a maraschino cherry  
if desired.

\* \* \* \* \*



## SYLTE (HEAD CHEESE)

Clean pigs head thoroughly under  
running water. Place in cold  
salt water and boil until tender,  
about 3 hours. When cool remove  
meat from bones. Place a clean  
cloth in loaf pan. Arrange meat  
on cloth alternating lean and fat  
meat. Season with salt, pepper  
and allspice. Fold or tie the  
cloth and place a weight on to  
press. When thoroughly pressed  
it is ready for use. It can be  
kept some time if placed in salt  
brine.

\* \* \* \* \*



### KJODBOLLER ( MEAT BALLS)

4 lbs. sausage  
4 eggs  
16 crackers  
1 small onion  
1 cup milk or less  
Dash of salt, pepper and ginger.

Mix sausage well, add other ingredients. Form into balls. Fry until brown, then put on cover and let simmer.

\* \* \* \* \*

### KJOD-RUL ( MEAT ROLL)

Use flank of beef.

METHOD: Cut to make a roll about seven inches in length. Season with chopped onion, salt & pepper. Form into roll and sew with strong cord. Place roll in boiling water and cook until tender. Remove from water and place between two plates or flat tins and press until cold. Use something heavy to press. Remove string when ready to serve and slice thin.

\* \* \* \* \*



### REAL-OLD FASHIONED VANILLA ICE CREAM

(To be frozen in ice cream freezer)

1 1/2 cups milk  
3/4 cup sugar  
1/8 tsp. salt  
1 tbl. vanilla  
3 beaten egg yolks  
1 pint heavy cream



Scald over low heat the milk. Add and stir until dissolved the sugar and salt. Slowly pour over the beaten egg yolks and beat well until blended. Cook in double boiler until thick and smooth. DO NOT BOIL. Chill and add vanilla. Whip the cream and fold into custard. Fill the ice cream container 3/4 full, put in dasher and pack freezer with ice and salt, using 5 parts ice to 1 part coarse ice cream salt. Allow any handy big or little boy to turn the handle. There is no experience which can equal the making of ice cream. Fry this and show the younger generation what "REAL" ice cream tastes like!

## SNIP KAGER

Cream 1 cup butter, add 1 cup sugar. Beat 6 egg yolks and add. 2 scant cups flour, 1 tsp. baking powder, a little lemon and almond flavoring. Fold in beaten egg whites. Grease jelly roll pan and spread batter  $3/4$  in. thick in pan. Sprinkle cut-up raisins or currants and chopped almonds on top. Bake in moderate oven. Cut in diamond shapes while hot. Loosen from bottom of pan and put back into very slow oven until crisp. Store in tin cans.

\* \* \* \* \*



## EVIGHETS ØL (EVERLASTING ALE)

STARTER: Soak barley in water for 3 days. Then spread to dry in warm place until sprouted. Put into kettle of water, add 1 cake of yeast, and put in dark damp place 3 or 4 days.

To make the Øl, put 1 Tbl. of the starter grain into a quart jar of water. Add 2 tbl. sugar and 1 tbl. of molasses. Mix and leave at room temperature. When aged to desired taste, pour liquid into another jar and refrigerate. A new batch can be started with a portion of the grain left in the first jar.

\* \* \* \* \*





